QC

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PART OF THE FABRIC

DON KERR AND SASKATCHEWAN ARE HAND IN GLOVE
P. 7

FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

TREENA WYNES

Am I The Only One: Struggling Being A Teen

It didn't take long after my first book, Eating Myself Crazy, that I knew a second one was not far behind. However, the next one would be for teens.

During my book signing events with Eating Myself Crazy, I would frequently be engaged in conversations with parents about how they were worried about their teenage son or daughter, specifically around body image issues and self-talk. I would be asked by these parents if I could write a book for teens. How could I say no when there is such a great need?

The world has become a harsher and more critical place to grow up in and our teens are being hit from all sides. With the bombardment of messages that we need to be talented, beautiful and smart to be successful, many teens feel they are not measuring up. It is during this stage where self-esteem is being developed, that our Western culture continually keeps knocking it down. Kids are caught up in the same level of hyper-competitiveness that you find on Wall Street or the Olympics and it is coming with a great cost. Mental health-related illnesses, teen suicide and self-harming behaviours are going up. I see it regularly in my line of work and it is extremely concerning.

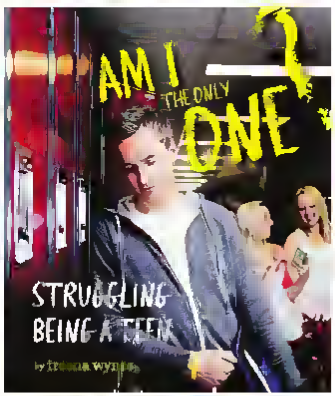


Treena Wynes

Having over 15 years experience working with teens as well as raising my own, I have been exposed to a lot of challenges that teens face. Social media has completely changed the landscape of teen development. Kids are no longer just comparing themselves to their peers at school but to the millions of people they see online. Bullying as we know is getting out of control. The anonymous online attacks 24-7 can eventually lead to depression, anxiety and PTSD.

My hope is to validate what teens out there are thinking, feeling and worrying about and let them know they are not alone. I encourage parents, caregivers and professionals to take a read in order to open up a dialogue on how we can better support our future leaders who are feeling vulnerable during this stage of their lives.

Treena Wynes is a registered social worker, writer and speaker. Her blog can be found at treenawynes.ca. Her second book, Am I The Only One? Struggling Being A Teen can be found at Amazon.ca, Chapters Indigo and McNally Robinson Bookstores.



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Don Kerr enjoys reading and writing poetry at the Broadway Roaster in Saskatoon QC PHOTO BY LIAM RICHARDS

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The Karpinka Brothers, Aaron, left, and Shawn have found success after years of playing the bar scene around the province and beyond QC PHOTO BY LIAM RICHARDS

QC COVER PHOTO BY LIAM RICHARDS

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ON THE SCENE

DIVAS IN THE PARK

It was all about the divas!

Almost 100 women enjoyed an "ungolf experience" in Wascana Centre on Aug. 13 during Divas in the Park, a joint fundraiser for the Regina Food Bank and Wascana Centre.

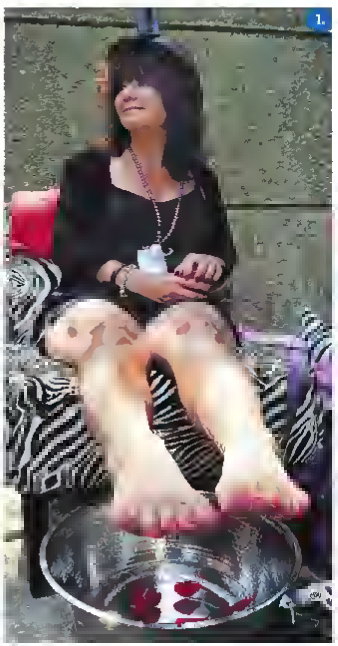
They participated in 18 experiences provided by local businesses, including everything from wine sampling and health and beauty tips to a scenic tour of Wascana Centre. The "tournament" was an opportunity for team building and networking, while being pampered and indulged in the park.

The event was set up like a golf tournament with women registering as a team and moving from "hole to hole" and returning to the "clubhouse" (Wascana Place) to socialize and reflect on the day's experience.

This is the third year Divas in the Park has been held in Wascana Centre. Proceeds will be divided equally between the Regina Food Bank and Wascana Centre. A total of $45,000 was raised the first two years. When the finally tally is complete it's hoped that this year's event will have raised $25,000.

QC PHOTOS BY DON HEALEY



















1. Carole Sauer tries out the Wicked Nail Bar.

2. (from left) Natasha Wolfond, Linda Stadnick, Shelley Viguie and Justina Doidge.

3. Emily Best, Nichole Faller, Patricia Berezowski and Sara Snow.

4. Bernadette McIntyre.

5. Carole Sauer, Carmela Haines, Bernadette McIntyre and Leanna Korevaar.

6. Chantel Lipp, Darlene Cleven, Tricia Slobodian and Kim Vivert.

7. Volunteer Kaylee Johnson (right) letting the Divas try out cold pressed camelia oil from three farmers.

8. Christine Giesinger and Karen Lovach.

MUSIC

WE'RE ON FACEBOOK: Visit us at Facebook.com/qcregina

SASKATCHEWAN MUSIC SCENE

Karpinka Brothers reaching new heights



Shawn (right) and Aaron Karpinka have found enough recent success with their band The Karpinka Brothers that they have made music their full-time gig QC PHOTO BY LIAM RICHARDS

By Sean Trembath

The Karpinka Brothers — Aaron and Shawn — feel their careers are at an all-time high.

"It feels like we have an upward trajectory more than a downward spiral. It feels like we're more in the sky than in the toilet. Its feels more like we're succeeding than failing," Aaron says.

The Saskatoon siblings have shared their sound at dingy bars, festivals and even a local care home. Now, with a new album release just weeks away, they are preparing to take it further than ever before.

Their third full-length offering, You Can Count On Me, comes out Sept. 4.

"It's drastically different from anything we've ever done," Aaron says.

This is true both for sound and lyrical content. It's the first time one of their albums has featured electric guitar.

"I just want to hear the notes sound a little different and ring out a bit more,' Aaron says of the choice.

It's also the first time Aaron has shared lyrical duties with his brother.

"It shows both of our personalities," Shawn says. "We have very different personalities, and I think it reflects that."

They only had two days in the studio, which Aaron chalked up to budgetary restraints. Even so, it was plenty of time.

"It was actually closer to one, but we booked the studio for two so we thought we might as well go into the studio and hang out," Shawn says.

Their no-nonsense recording schedule is nothing new. The brothers like to have all their ducks in a row before heading in to lay anything down. They're also willing to let a song come out however it was played, even if it's not note-perfect.

"If there's imperfections — and there were — we just left them in. Now when I listen back they make me smile," Shawn says.

The accompanying tour starts Sept. 10 and will take them as far west as Vancouver, as far east as Charlottetown, and south of the border for their first time ever in New York City. It's a massive undertaking, so big that both brothers have quit their day jobs to make music their full-time gig.

"I just found I didn't have time. I'm married, with family and a life beyond music, and getting ready for the album release was taking up all my time," Shawn says.

For all the new venues they'll see, there's one Saskatoon spot they don't plan to start passing over. Later this month, they'll play the Parkridge Centre Special Care Home in Saskatoon for the 25th time. It all started when a local promoter suggested them as a good fit for the venue.

"We'd never done anything like that before, and we went and gave it a try and it turned out to be some of the best musical experiences we've ever had," Shawn says.

Aaron remembers one man who could barely speak beckoning him over and whispering, "When you were playing, my ears are open." They consider the shows a great learning experience.

"You have to pull emotions and responses out of people who maybe weren't even expecting to see music that day," Aaron says.

The love of performing in whatever venue they find themselves in drives the siblings. Even with music now being their only source of income, they don't let themselves feel the pressure on stage.

"I have to have the blinders on from anything financial or exposure-wise, because it will take away from what I'm doing it for," Aaron says.

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IN THE CITY

AUGUST 16, 2015 — 3:31 P.M.

Making the catch



Lethbridge Bulls pitcher Reno Dupuis holds his tongue out as an unseen teammate tosses sunflower seeds at his mouth during a game against the Regina Red Sox at Currie Field in Regina QC PHOTO BY MICHAEL BELL

ON THE COVER

I don't have any choice. You just have to keep doing it. If I did nothing I'd hate myself.
— Don Kerr

DON KERR

A scholar — and poet — of the people



Don Kerr has been a professor, poet, playwright and historian throughout his prolific career. QC PHOTO BY LIAM RICHARDS

By Sean Trembath

Don Kerr's poetry is infused with history. His fascination with Saskatoon and the entire province of Saskatchewan has long been one of his primary muses, and the well is far from dry.

Even today, more than a decade after he retired as a professor at the University of Saskatchewan, Kerr makes almost daily treks to the Broadway Roastery, his de facto writing studio.

Kerr has acted as professor, poet, playwright and historian throughout a prolific career. His place in the province has been officially recognized first with an Order of Merit in 2007, then with a three-year stint as Saskatchewan's poet laureate starting in 2011.

"I love it when someone you know well surprises you, and he has really surprised me with the breadth of his work through the years," says David Carpenter, a longtime colleague and collaborator.

Kerr's life and work are so intertwined with Saskatoon that Carpenter thinks of him as a constituent part of the city.

"If Don were to pass on, it's almost like Saskatoon would lose its memory," he says.

■ ■ ■ ■

Born in 1936, Kerr has spent most of his life in the Broadway area of Saskatoon. He has watched the city change for better and worse.

"I grew up in a city that had nothing to do with this city," Kerr says.

The population was around 40,000 at the time, and it was reflected in the city's geography being much more compact. Kerr describes walking two blocks from St. Joseph School, located where Oskayak now sits, and reaching open prairie.

Continued on Page 8

> The things I educated myself in were the things I taught all my life. I never taught anything I was taught myself.
> — *Kerr*



Don Kerr was born and raised in Saskatoon and grew up in the area around Broadway Avenue. QC PHOTO BY LIAM RICHARDS

"I still don't believe all those suburbs," he says.

He went to high school at Nutana Collegiate. He looks back at those teenage years without much fondness.

"I wasn't an athlete and I wasn't going out with girls. I was shy. And the teachers weren't any good, either," he says.

It was only after heading to the U of S that he found the academic environment he had been craving.

"Leaving high school and going to university was like leaving hell and going to heaven," Kerr says.

He enrolled in arts and sciences partially because he determined it would give him the most free time. He also took some commerce classes to appease his father, an accountant.

His eventual decision to drop commerce and focus on English led to the only fight he can remember having with his father. For three hours, his dad berated him about the value of an English degree. Kerr stuck to his guns. Afterward, his mother told him in private that she supported his decision and was proud of his conviction.

Continued on Page 10

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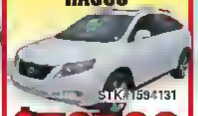
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I love it when someone you know well surprises you, and he has really surprised me with the breadth of his work through the years. — *David Carpenter*



Even in retirement, Don Kerr continues to read and write poetry at his favourite coffee shop on Broadway Avenue. QC PHOTO BY LIAM RICHARDS

Kerr had fallen in love with literature and poetry. In his second year he read everything Yeats had ever written.

"I didn't understand it all, but I kept on going," he says.

His voraciousness carried over to his master's degree at the University of Toronto, where his thesis focused on Charles Dickens.

"In one year I read, in order, 16,000 pages of Dickens. I loved it," he says.

After Toronto, he headed to the University of London for a PhD. The degree was not to be, but his time in London shaped the intellectual groundwork for his entire teaching career at the U of S.

"All I did was go to movies and plays for two years," Kerr says.

He says he saw five movies and a play every week. Being in Europe in the '60s, he was exposed to that continent's cinematic movements — Italian Neo Realism, the French New Wave — and he was hooked.

"Godard was my favourite. As I told people in my film class, there's only a few of us who love Godard, and we're smarter than anyone else," Kerr says.

After returning to Canada, he was offered teaching jobs at the U of S and York. Saskatoon was the natural choice, both because he grew up there and because he never learned to drive a car. He settled back in the Broadway area and rode a bike to work.

Despite his formal education in literature, film and theatre became his specialty.

"The things I educated myself in were the things I taught all my life. I never taught anything I was taught myself," Kerr says.

He took the job very seriously. Bob Calder, who has known Kerr for more than 50 years, beginning as a colleague at the university, talks about Kerr taking his work with him when he would walk down to see Blades games at the old Saskatoon Arena downtown.

What he would do is take half a dozen or so essays or exams he needed to grade. When the fights broke out, he would mark a paper," Calder says.

Kerr still found time for other endeavours. During his years at the U of S, he was involved with the World University Service of Canada, the Saskatoon Public Library Board, the Meewasin Valley Authority, the Saskatchewan Arts Board and SaskFilm. He has also served on the board of two regional publishers, Coteau Books and Edmonton's NeWest Press, where he remains a member more than 30 years after first stepping up.

Through it all, he continued to work on his own projects. Although he says he could only finish the larger works on sabbatical, he has written poetry since he was an undergraduate.

Kerr and David Carpenter have been pushing each other for decades. At first, Carpenter says they were "closet poets" in an era when there was much less of a scene in the province.

> Godard was my favourite. As I told people in my film class, there's only a few of us who love Godard, and we're smarter than anyone else. — *Kerr*

"We've been each other's enablers," Carpenter says.

He encouraged Kerr to keep at it as soon as he started reading Kerr's work.

'Not only was it wonderfully rooted in the history of Saskatoon and the history of this province, but also very satirical about it. He was able to take certain historic and economic trends and attack them in a gently biting fashion,' Carpenter says.

He also praises Kerr's variety. After a biting piece of satire, he can turn out a lyrical examination of love or loss. Also, his work isn't limited to poetry, with books and plays to his name.

'He has so many strings to his bow," Carpenter says.

Kerr's tenure as poet laureate took him all across the province to readings great and small. On top of fond memories of his travels, he credits the post with making him a better performer.

"I became a better reader. I had to read so often. It began to read more slowly, so everything was clear," Kerr says.

Bob Calder says Kerr was a brilliant selection for the honour.

'It was a wonderful choice. Don's poetry is subtle, but it's also accessible to the general public," he says.

These days, Kerr says most of his inspiration comes from reading. He'll sit at the Roastery, read a periodical and start scribbling poetry into the margins.

Some of his earlier work stemmed from current events. One of his personal favourites was written the day the old Capitol Theatre was demolished in Saskatoon. Looking back, he remembers that day as a black mark on Saskatoon's history.

"Some of us, like myself, have never forgotten it, and our fury remains undimmed," he says.

After the demolition began, Kerr wandered to the nearby Ritz bar, drank about six beer, and turned out Capitol Punishment, a poem he says is one of his best.

Tipping back beverages with Kerr is one of Carpenter's favourite memories of their time together.

'One of the things that saddens me is he doesn't drink very much anymore. He used to be a great drinking buddy," Carpenter says.

"He's a great conversationalist and storyteller. If you ask Don a simple question, he'll come out with a beautifully detailed story that resonates with the past."

Kerr's love of history shows in his non-poetic work, which is extensive enough to be hard to catalogue succinctly. Among his books are two chronicling the work of visual artists — Regina's Victor Cicansky and Winnipeg's Don Proch. He contributed an essay on nature writing to a book on the literary history of Saskatchewan. He has edited many books through his work with NeWest Press. He wrote another book on the history of Saskatchewan's public library system, something he speaks of as one of the province's great triumphs.

"Saskatchewan had a library system in the '30s that was among the three worst in all of North America," he says.

It was only the efforts of multiple provincial governments, from the CCF to the Liberals to Grant Devine's Progressive Conservatives to Allan Blakeney's NDP, that moved the institution to where it is today. His next project is another history, this time on the Saskatchewan Jazz Festival.

Despite reaching an age where none would fault him for slowing down, Kerr has no intention to do so.

"I don't have any choice. You just have to keep doing it," he says.

"If I did nothing, I'd hate myself."

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Don Kerr was awarded the Saskatchewan Order of Merit in 2007 and a three-year stint as Saskatchewan's poet laureate starting in 2011. QC PHOTO BY LIAM RICHARDS



Next week in QC

Regina's Dave Kyba always pitches in when disaster strikes

BRA CLINIC

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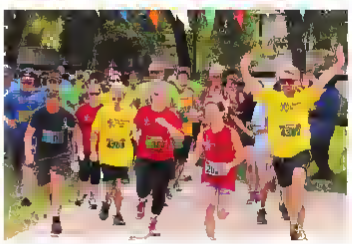
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LEADER-POST

EVENTS

What you need to know to plan your week.
Send events and photos to QC@leaderpost.com

MUSIC

Wednesday, Aug. 19

Wednesday Night Folk: The Banff Wardens
Bushwakker, 2206 Dewdney

The Alley Dawgs
Leopold's, 2330 Albert St

Wynonna & The Big Noise
Casino Regina Show Lounge
1880 Saskatchewan Dr

Noah Derksen
Artful Dodger, 1631 11th Ave

Thursday, Aug. 20

Piano Bar
5:30-8:30 p.m. Artful Dodger, 1631 11th Ave

Beatles Singalong
Artful Dodger, 1631 11th Ave.

Live music
Fat Badger, 1852 Scarth St

Karaoke
8 p.m.-2 a.m. The Sip, 306 Albert St

These Estates, Plywood, Witch Lips
The Club at the Exchange
2431 8th Ave

Jam/Open Stage
McNally's, 2226 Dewdney Ave

Friday, Aug. 21

Live music
4-7 p.m. Monarch Lounge, Hotel Saskatchewan, 2125 Victoria Ave.

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living Spirit Centre, 3018 Doan Dr. Call Mike, 306-550-3911

Stephanie Monro
7:30-9:30 p.m. Roca House, 1010 Pasqua St. N.

Odd Man Out
Eldorado, 2300 Dewdney Ave



Wynonna & The Big Noise perform Wednesday at the Casino Regina Show Lounge

Underground Sound
Artful Dodger, 1631 11th Ave

Karaoke
8 p.m.-2 a.m. The Sip, 306 Albert St

Kenny Shields and Streetheart
Casino Regina Show Lounge
1880 Saskatchewan Dr

Adams Rib
McNally's, 2226 Dewdney Ave.

Almost Alien, Mostly Wanted
O'Hanlon's, 1947 Scarth St

Saturday, Aug. 22

Open Acoustic Jam
3:30-8 p.m. Broadway's Lounge, 1307 Broadway Ave.

The Project ft. Morgan Mayer
The Capitol, 1843 Hamilton St.

Live music jam
All types of music welcome. Hosted by Erroll Kinistino
4-8 p.m. The Sip, 306 Albert St

Birds are Dinosaurs, Roxy
Artful Dodger, 1631 11th Ave.

Odd Man Out
Eldorado, 2300 Dewdney Ave

Karaoke
8 p.m.-2 a.m. The Sip, 306 Albert St

Birch Hills, Stepping Stone and more
The Club at the Exchange
2431 8th Ave.

Adams Rib
McNally's, 2226 Dewdney Ave.

Sunday, Aug. 23

Lie Among Us, Eternal Prophecy
The Club at the Exchange
2431 8th Ave.

Concert series
2-4 p.m. Artful Dodger, 1631 11th Ave.

Open Jam
3-8 p.m. Mojo Club, 639 Victoria Ave.

Karaoke
8 p.m.-2 a.m. The Sip, 306 Albert St.

Adams Rib
McNally's, 2226 Dewdney Ave.

Monday, Aug. 24

Monday Night Jazz & Blues: Shane and Ethan Reoch
Bushwakker, 2206 Dewdney

Karaoke
8 p.m.-2 a.m. The Sip, 306 Albert St

Tuesday, Aug. 25

Acoustic music
Rebellion, 1901 Dewdney Ave.

Karaoke
McNally's, 2226 Dewdney Ave.

The Von Vulture Trio
The Capitol, 1843 Hamilton St.

Karaoke
9 p.m. Artful Dodger, 1631 11th Ave

VISUAL ART

Diane Lara: Enso
Works address concerns relating to genetics, issues surrounding genetic testing, and our predisposition to diseases. This exhibition features circular rubbings of deconstructed intaglio prints, inspired by the tradition of the enso (Zen circles).
Until Aug. 21. Art Gallery of Regina, 2420 Elphinstone St

Holly Fay: Floating Worlds
Schematic drawings and paintings fluctuate between the representational and the abstract. Derived from an interest in natural phenomena, the works question the relationships within the ecological and physical systems of our natural world.
Until Aug. 26. Dunlop Art Gallery — Sherwood branch, 6121 Rochdale Blvd

Summer Rhubarb
Until Aug. 29. Slate Fine Art Gallery, 2078 Halifax St.

Devid Thauberger: Road Trips and Other Diversions
This exhibition presents a dynamic installation examining key themes and working processes, developed throughout Thauberger's more than 40 years as a maker and thinker.
Until Aug. 30. MacKenzie Art Gallery, 3475 Albert St.

Patricia Holdsworth: Contemporary Photography
Photos explore the prairie landscape.
Until Aug. 31. Scott Nicholson Fine Arts, Regina Centre Crossing, 1621 Albert St

Rhubarb, rhubarb, peas and carrots
Artworks by Erin Gee, Marla Hlady, Erika Lincoln, Stephanie Loveless and Ellen Moffat who explore sound, music and language, highlighting discrepancies between what is said, meant, heard and understood.
Until Sept. 5. Dunlop Art Gallery — Cantral Branch, 2311-12th Ave.

Rose-Colored Glasses
Sweetness, with a dash of bitter, this exhibition curated by university students includes artworks that forge vibrant pathways into the imaginary.
Until Sept. 7. MacKenzie Art Gallery, 3475 Albert St.

EVENTS

Jamie Russell: Home Grown
Works in locally-sourced wood
Until Sept. 12. Mata Gallery, 106 2300 Broad St.

Summer Sizzle
New works by 14 of Saskatchewan gallery artists.
Through September. Open Wednesday to Saturday, 11 a.m.-5 p.m. Nouveau Gallery, 2146 Albert St.

Summer in Contemporary Canadian Fine Art
Works of art explore Canadian landscape and wildlife.
Until Oct. 31. Scott Nicholson Fine Arts, Regina Centre Crossing, 1621 Albert St.

Assiniboia Gallery
2266 Smith St.
Open Tuesday to Friday, 10 a.m.-5:30 p.m., Saturday 10 a.m.-5 p.m.

Neutral Ground
203-1856 Scarth St.
Open Tuesday to Saturday, 11 a.m.-5 p.m.

Oakland Gift and Fine Arts
Oil and ink paintings by Chinese artists Lingtao Jiang and Hualyi Tian.
2312 Smith St. Open Monday to Saturday 10 a.m.-5 p.m.

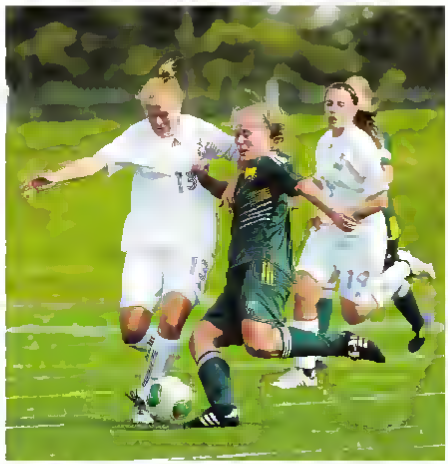
Plain Red Art Gallery
Represents Indigenous visual art practices, culture and history found in the province of Saskatchewan, Canada and globally.
Monday-Friday, 9 a.m.-4 p.m.
First Nations University, 1 First Nations Way

COMEDY

Pass the Hat
Aug. 21, 9 p.m.
The Club, 2431 8th Ave.

PERFORMANCE

Monty Python's Spamalot
Prairie Skies Musical Theatre
Bring a lawn chair.
Aug. 18-22, 7:30 p.m.
Near Edenwold, visit prairieskiessk.com for tickets and directions



Catch the Cougars women's soccer team in action Wednesday at the U of R. QC FILE PHOTO BY MICHAEL BELL

Spirits of the Trail
A 40-minute play based on the initial meeting of Sioux Chief Sitting Bull and NWMP Major James Walsh
Saturday and Sunday, 1 and 3 p.m.
RCMP Heritage Centre, 5907 Dewdney Ave.

Living Poets Society
Spoken word open mic night
Every Tuesday, 9 p.m.
Hookah Lounge, 2115 Broad St.

DANCING

Salsa dancing
Aug. 19, 8-11 p.m.
Cathedral Village Freehouse, 2062 Albert St.

Salsa on the Plaza
Every Thursday, 7-11 p.m.
City Square Plaza, downtown

Minus One Club Dance
Featuring Ron and Sandra Rudoski
Aug. 21, 8 p.m.-midnight
Regina Senior Citizens Centre, 2134 Winnipeg St.

Olde Tyme Barn Dance
Music by Len Gadica. Cash bar and cold buffet lunch.
Aug. 21, 8 p.m.-midnight
Bell Barn, 1km north of Indian Head

Contemporary Singles Social Club dance
Aug. 21, 8:30 p.m.-1 a.m.
Eagles Club Hall, 1600 Halifax St.

SPORTS

Women's soccer
U of R vs. Mount Royal
Aug. 19, 4:30 p.m.
U of R Field

Sepak Takraw in the Park
Wednesday, 6:30-8:30 p.m.
Victoria Park

Quidditch in the Park
Wednesday, 6:30-8:30 p.m.
Victoria Park

Saskatchewan Roughriders vs. Calgary
Aug. 22. 5 p.m. Mosaic Stadium

BREAKING NEWS
EVERY DAY IN THE
LEADER-POST

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EVENTS

What you need to know to plan your week.
Send events and photos to QC@leaderpost.com

Regina Thunder vs. Edmonton Wildcats
Aug. 23, 1 p.m. Mosaic Stadium

FOR FAMILIES

Jurassic Attack
Monster truck riding and racing. Ages 3 and up. $10 per rider. Until Sept. 30. 10:30 a.m.-8:30 p.m.
North side of the Trans-Canada Highway, east of Prince of Wales Drive

Stars and Strollers
Wednesday, 1 p.m.
Cineplex Odeon Southland Mall, 3025 Gordon Rd.

Cinema Under the Stars
Wednesday, 7 p.m.
City Square Plaza

Art in the Park
Friday, noon-1:30 p.m.
Victoria Park

Build and Grow Clinics
Build a special feature project. For children age 5 and up.
Saturday, 10 a.m.
Lowes, 4555 Gordon Rd.

Michaels Kids Club
Saturday, 10 a.m.-noon
2088 Prince of Wales Dr.

Family Favourites films
Enjoy a favourite film for $2.50.
Saturday, 11 a.m. Galaxy Cinemas, 420 McCarthy Blvd. N.

Family Fun Day
Barbecue, sports-themed games and crafts. $10 per family.
Aug. 22, 11:30 a.m.-2:30 p.m.
Sports Hall of Fame, 2205 Victoria Ave.

Family activities
Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Family Studio Sundays
Sunday, 2-4 p.m.
MacKenzie Art Gallery, 3475 Albert St.



Spirits of the Trail brings history to life this weekend at the RCMP Heritage Centre

Sciences Time for Tots
Interactive workshop aimed at early learners.
Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Exploration Day in the Park for Kids
For children aged 3-12. Pre-registration required; call Jamie at 306-359-7547.
Tuesday, 9:30-10:30 a.m.
Victoria Park

Teen Tuesdays
Come and hang out for the afternoon with other teens into all things art.
Tuesday, 1-3 p.m.
Dunlop Art Gallery — Central Branch, 2311-12th Ave.

Drop-in crafts and gym
Free event for youth aged 5-18.
Tuesday, 4-6 p.m.
Eastview Community Centre, 615 6th Ave.

MUSEUMS

Ales Youck School Museum
1600 Fourth Ave.
Tours by appointment only (306-523-3000)

Civic Museum of Regina
1375 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-4 p.m. Closed Sunday and Monday.

Government House Museum & Heritage Property
4607 Dewdney Ave.
Open daily 9 a.m.-5 p.m.

RCMP Heritage Centre
5907 Dewdney Ave.
Open 10 a.m.-6 p.m. daily

Regina Firefighters Museum
1205 Ross Ave.
Tours by appointment (306-777-7714)

Royal Saskatchewan Museum
2445 Albert St.
Open 9:30 a.m.-5 p.m. daily

Saskatchewan Military Museum
1600 Elphinstone St.
Open Monday and Thursday, 7-9 p.m., or by appointment (306-347-9349)

Regina Floral Conservatory
1450B 4th Ave.
Open daily, 1-4:30 p.m.

Saskatchewan Science Centre
2903 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and holidays, noon-6 p.m.
Closed Mondays

Sask. Sports Hall of Fame
2205 Victoria Ave.
Monday-Friday 10 a.m.-4:30 p.m., Saturday noon-5 p.m.

OTHER HAPPENINGS

Regina Farmers' Market
Wednesday and Saturday, 9 a.m.-1 p.m.
City Square Plaza, 12th Avenue and Scarth Street

Conservatory and Lifelong Learning open house
Displays, tours, refreshments and introduction to fall programming for all ages.
Aug. 19, 10 a.m.-1 p.m., 4:30-6:30 p.m.
U of R College Avenue Campus, 2155 College Ave.

Yoga in the Park
Wednesday, noon-1 p.m.
Victoria Park

Words in the Park
Wednesday, noon-1 p.m.
Victoria Park

RCMP Sergeant Major's Parade
Weekdays, 12:45 p.m.
RCMP Depot Division, 5600 11th Ave.

All Nations Healin' Thru Artz
Learn to play music, dance and perform in free arts-based workshops, cultural teachings and employment workshops. For people ages 13 to 22 on a budget.
Wednesday, Monday and Tuesday, 5-7 p.m. (supper 4-5 p.m.)
YWCA, 1940 McIntyre St.

Yoga Party
Thursday, 5-6 p.m.
Victoria Park

Adult science night
Learn about glow sticks, ultraviolet light and music that makes you groove. Make beats with Interactive Media and Performance (IMP) Labs. $10. Ages 19 and up.
Aug. 20, 7-10 p.m. Science Centre, 2903 Powerhouse Dr.

Garden Festival
Hosted by Regina Horticulture Society
Aug. 21, 9:30 a.m.-7 p.m.
Aug. 22, 9:30 a.m.-4:30 p.m.
Victoria Square Mall, 2223 Victoria Ave. E.

Maitreya Loving Kindness Tour
An exhibition of ancient and sacred relics from the Historical Buddha Shakyamuni and of other great Buddhist masters from India, Tibet and China. Free admission.
Aug. 21, 6-8 p.m.
Aug. 22, 11 a.m.-6 p.m.
Aug. 23, 11 a.m.-5 p.m.
Darke Hall, 2155 College Ave.

EVENTS

What you need to know to plan your week.
Send events and photos to QC@leaderpost.com

Aug. 22, 11 a.m.-6 p.m.
Aug. 23, 11 a.m.-5 p.m.
Darke Hall, 2155 College Ave

Get Active 4 Autism
Aug. 22, 9 a.m.-noon
Rick Hansen Park, McCarthy Blvd and 4th Ave.

Easter Seals Drop Zone
Aug. 22 all day, Hill Centre Tower II, 1881 Scarth St

Tai Chi in the Park
Saturday, 10-11 a.m.
Victoria Park

Chess in the Park
Saturday, 10:30 a.m.-12:30 p.m.
Victoria Park

Culture on the Plaza
Saturday, noon-1 p.m.
City Square Plaza

Artist Trading Cards
Make and trade
Aug. 22, 2-4 p.m.
MacKenzie Art Gallery, 3475 Albert St.

Heritage Regina walking tour
Regina's Beginnings. Amanda Girardin, Hazel Whippler and Joe Jozsa will guide you through the McNab neighbourhood, Luther College and Government House.
Aug. 23, 6 p.m.
Meet at McNab historic marker, 90 Empress Dr

Drop-in Creative Writing
Monday, noon-1 p.m.
Victoria Park

Whist for seniors
For more information call Mary 306-789-9662 or Rod 306-789-1388.
Tuesday, 9:30 a.m.
East sanctuary, Living Spirit Centre, 3018 Doan Dr.

ChewsDay Challenge
Drop-in gathering of board game enthusiasts.
Tuesday, 6 p.m.-midnight.
Boston Pizza, 545 Albert St. N

FILM

Testament of Youth
Drama



Journey to the South Pacific is screening at the Kramer IMAX

In spring 1914, youthful feminist Vera Brittain (Alicia Vikander) dreams of attending Oxford and becoming a writer. When war is declared, she becomes a nurse. Based on Brittain's memoir.

Marinoni: The Fire in the Frame
Documentary
The life and work of bike racer and builder Giuseppe Marinoni.

Regina Public Library Theatre
2311 12th Ave., 306-777-6104

To The Arctic 3D
Documentary
A mother polar bear and her twin seven-month-old cubs navigate the changing Arctic wilderness they call home. They struggle to survive in a frigid environment of melting ice, immense glaciers, spectacular waterfalls and majestic snowbound peaks. Narrated by Meryl Streep.

Journey to the South Pacific
Documentary
Narrated by Cate Blanchett, this is a breathtaking adventure to the tropical islands of West Papua, where life flourishes above and below the sea. Jawi, a young island boy, takes us on a journey to encounter whale sharks, sea turtles, manta rays and other creatures of the sea.

Jerusalem
Documentary
A tour of one of the world's oldest cities, destroyed and rebuilt countless times over 5,000 years. The film follows three young Jerusalemites and their families — Jewish, Christian and Muslim — as archaeologist Dr. Jodi Magness explores some historical sites in the region. Narrated by Benedict Cumberbatch.

Kramer Imax
2903 Powerhouse Dr
306-522-4629

NEW MOVIES

Masterminds
Comedy
A hapless armoured vehicle guard (Zach Galifianakis) is lured into executing a $17-million heist by a group of half-brained criminals who make off with the cash and set him up to take the fall. Based on a true story. Also starring Owen Wilson, Kristen Wiig and Jason Sudeikis.

American Ultra
Action
Stoner Mike Howell's (Jesse Eisenberg) past as a highly trained, lethal sleeper agent catches up with him and his girlfriend Phoebe (Kristen Stewart). Mike is thrown into a government operation that could lead to his death unless he is able to summon his inner action hero.

Hitman: Agent 47
Action
An elite assassin (Rupert Friend) was genetically engineered to be the perfect killing machine, and is known only by the last two digits on the bar code tattooed on the back of his neck. His latest target is a mega-corporation that plans to create an army of killers whose powers surpass even his own. Based on the Hitman video game series.

Sinister 2
Horror
A mother (Shannyn Sossamon) and her twin sons move into a house marked for death by the evil spirit of Bughuul.

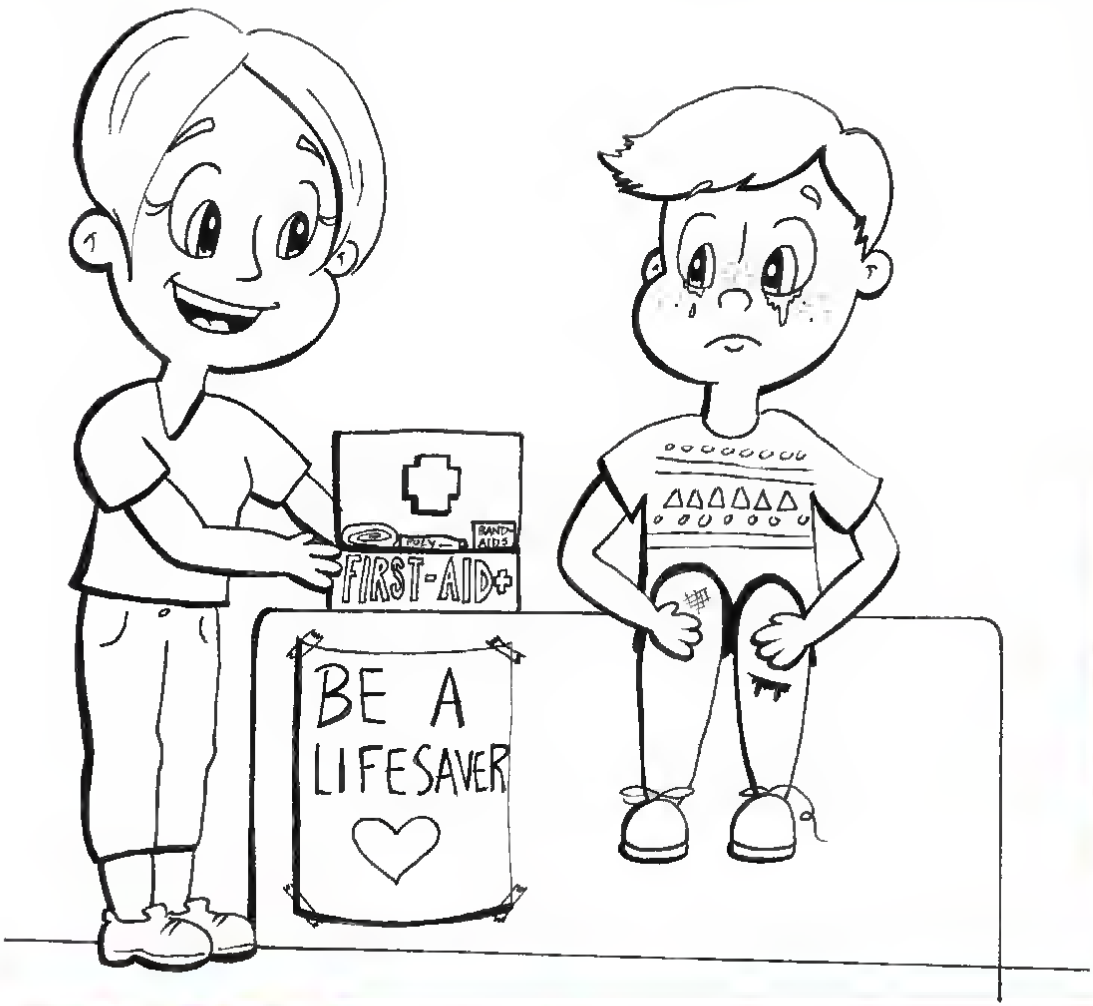
Galaxy Cinemas
420 McCarthy Blvd. N
306-522-9095

Cineplex Odeon
Southland Mall Cinemas
3025 Gordon Rd., 306-585-3383

Rainbow Cinemas
Golden Mile Shopping Centre
3806 Albert St., 306-359-5250

Events listings are a free community service offered by QC. Listings will be printed if space permits. Please send information two weeks before your event.

OUTSIDE THE LINES



Colouring contest

Each week artist Stephanie McKay will create a Saskatchewan inspired illustration meant to please kids of all ages

Children can colour the picture, have a picture taken with the finished product and email it to qc@leaderpost com One winner will be chosen each wee

Please send high resolution pic tures and include the child s name and contact information

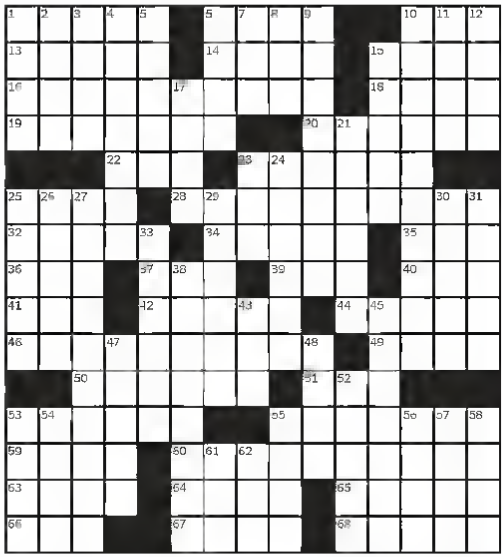


Last week s QC colouring contest winner was **Dane Mansuy.** Congratulations! Thanks to all for your colourful submissions Try again this week!



#CROSSWORD

NEW YORK TIMES *Edited by Will Shortz*



PUZZLE BY BRUCE HAIGHT

ACROSS

1 Content of hate mail
6 Duel unit
10 With 66-Across, place on a keyboard to find all the letters in 16-, 28-, 46- and 60-Across
13 Adventurously follow one's heart, say
14 Brand name that sounds like a cheer
15 Bone-dry
16 Everything you can perform
18 Beekeeper in a 1997 movie
19 Marvel's Thor, Captain America or Iron Man
20 One working with an anchor
22 Place for unsafe
23 Fowl poles?
25 Prefix with liter
28 Business owner
32 Apples since 1998
34 Didn't sit on one's hands
35 G.I.'s address
36 Title for a Benedictine
37 Bankroll
39 Sugar suffix
40 Rustic expanse
41 Beehive State athlete
42 Verdi aria for a baritone
44 Players "planted" in a bracket
46 Time without end
49 ___ prof
50 Midsize Nissan
51 Defib expert
53 One shouldn't drink to this
55 "Is it worth the gamble?"
59 Explorer of kidvid
60 Apt example of this puzzle's theme
63 They've split
64 Complain loudly
65 Some Deco illustrations
66 See 10-Across
67 First name in Jellystone Park
68 Town in Germany

DOWN

1 Miles of "Psycho"
2 Mountain road sign abbr.
3 Fuhgeddaboudit
4 Occasion for amateurs to do stand-up
5 Unite
6 D-worthy
7 Iraq's Mosque of ___ (pilgrimage site)
8 Roller coaster unit
9 Urban renewal targets
10 Serves up whoppers
11 Stackable snack
12 Use a spyglass
15 Multipart composition
17 Maryland athlete, informally
21 Songs most often played by D.J.'s
23 Mythical predator of elephants
24 Choose not to participate
25 Prepared fancily
26 Ham it up
27 Ones working with an anchor
29 Curie discovery
30 Maureen Dowd pieces
31 Insult kiddingly
33 Halloween haul
38 Exquisite design
43 ___ Maria (liqueur)
45 Humble oneself
47 Fund-raisers commercials, e.g.
48 "That really hurt!"
52 Sticks in the mud
53 River of Hesse
54 Love letter sign-off
55 Carnegie ___ (famous eatery)
56 Slangy lead-in to way
57 Waiter at ___ hospital
58 Formerly, once
61 Ming, formerly of the N.B.A.
62 Source of fatback

#SUDOKU

By Will Stortz

Level: Silver

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

2	3		8		7	1		9
	5						2	
		6	2			8		
				6			4	
3	1						9	7
	4			1				
		3			4	2		
	8						7	
1		9	6		2		5	3

Solution to the crossword puzzle and the Sudoku can be found on Page 23

FOR THE COVERAGE THAT MATTERS

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GARDENING

GARDENING IN SASKATCHEWAN

Planting and maintaining raspberries

By Sara Williams



A freshly mulched trellised raspberry patch PHOTO COURTESY OF SARA WILLIAMS

There was a time when every prairie garden had a row of raspberries. And why not? They're hardy, not difficult to care for, generally insect and disease-free, and well worth the effort. Nothing can beat a handful of sun-kissed raspberries, fresh off the canes in July and August.

Raspberries should remain productive for ten to twenty years, so careful site selection and soil preparation is important. A good loam based soil in full sun is recommended. Ensure that the soil is weed-free (especially of perennial weeds like quack grass) and well amended with organic matter such as compost, peat moss or well-rotted manure. Avoid frost pockets or areas of poor drainage, and provide shelter from wind.

Spring planting is preferred as plants break dormancy fairly early. This also allows for the development of a healthy root system during the first year. Canes should be set at the same depth or up to five centimetres (two inches) deeper than they were previously planted. Water immediately. Space raspberry canes 25 cm (12 inches) apart within the rows, with rows three feet apart. Within three years a continuous "hedgerow" will develop.

Do not allow the canes to dry out during their year of establishment. Thereafter ensure they are watered from bud development through fruiting. They'll require about 2.5 centimetres of water per week from first bloom to last harvest. After August, irrigate only enough to prevent stress on the new canes (primocanes) that will fruit the following year. Once canes have entered dormancy in late fall, give them one final watering prior to freeze-up.

Because there is a direct relationship between the vigour and diameter of canes and fruit yield, it is important to promote vigorous cane growth early in the growing season. A spring application of a high phosphorous fertilizer such as 16-20-0 is recommended.

Control weeds through shallow (five to eight centimetre) cultivation. Remember, 70 per cent of the root system is within the top 25 centimetres of the soil surface and deep or careless cultivation may damage the roots. Avoid cultivation once fruit begins to form in mid- to late June.

Mulching (i.e. placing a permanent 10 centimetre layer of organic material on the soil surface between the rows) may be a better alternative to cultivation. Weed-free straw, post peelings, leaves and grass clippings will all do the job. The advantages of using mulch include moisture conservation, decreased daily soil temperature fluctuation, weed control and cleaner picking. Apply the mulch in the fall following the first season of establishment.

Depending on the cultivar, raspberries may be grown in unsupported hedgerows or with the support of a trellis made of poles and wires. Trellises are used when canes are very tall, weak, or simply to provide easier picking.

There are a number of reasons for pruning raspberries. If left uncontrolled, plantings can become jungle like with fruit in the centre going unpicked. Restrict the row width to 30 to 45 centimetres. Each spring, limit cane density by removing the less productive smaller, weaker and later developing canes. Also remove last year's fruiting canes (alternatively, can be down in fall following harvest). Aim for 15 canes of 1.3 centimetres or greater diameter per meter. Thinning increases yield, berry size and berry quality on the remaining canes. Fruit size is directly related to cane diameter. Larger canes produce larger fruit.

Sara Williams is the author of the newly expanded and revised Creating the Prairie Xeriscape, Gardening, Naturally. A chemical-free handbook for the Prairies, and the Saskatoon Forestry Farm Park & Zoo. A Photographic History. Sara will be leading a garden tour to Great Britain in May 2016 and co-leading, with Melanie Elliot, a tour of Fauna and Flora of Iceland in July 2016. Call Ruth (1-888-778-2378) for more information.

ANNOUNCEMENTS

GardenLine is open for the season to solve your garden problems. 306-966-5865, gardenline@usask.ca

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca, hortscene@yahoo.com). Check out our Bulletin Board or Calendar for upcoming garden information sessions, workshops and tours. Labour & Learn (Aug. 29). Forestry Farm House Open House and Walking Tour (Aug. 30).

ASK ELLIE

Racist needs to know the consequences to his family



Q. At 70, I'm four years into a wonderful relationship with a widower who's 72. He's of a different race and religion.

His large family and many friends have unconditionally accepted me. My side, except for one son, has accepted him. I can't believe that my son has turned racist. This is not how I raised him. He himself married a biracial girl whom I love as dearly as my daughter.

They have three children (ages 17, 15, 11) and he has turned as well against my partner. He refuses to attend our family gatherings if my partner is present. He and his family have never met my partner.

His attitude is hurting our whole extended family because we are all getting estranged from him in the process. (He complains of being sidelined by us.)

Because he has chosen to absent himself and his family, I now get to see very little of my grandchildren.

I have made special visits — alone — to their home, so I can visit with them.

My partner would like me to take a tougher stand: that I should refuse to see them unless they are willing to interact with all of us.

What is the best way to handle this?

Divided by Racism

A. Confront your son. Ask him directly what he has against your partner. If there are other reasons than race and religion, discuss them.

It may not seem likely since apparently he hasn't defined his reasons so far, but perhaps he has some misconceptions that can be addressed.

BUT if it's solely prejudice against your partner's particular race and religion, that's dividing the family, then say that you're surprised and deeply disappointed in him.

Add that he's insulting you and your core values and principles.

Tell him clearly and firmly that his actions create consequences that you can't change, such as distancing himself and his children from his extended family.

But regarding your relationship with your grandchildren, I don't completely agree with your partner.

Try to have some contact with them, even if you meet them alone e.g. for an outing, (but not with their father). With young people, there's still hope that they'll see past his bigotry.

Q. I'm 26 and have never been in a relationship. I have a difficult time attracting men. I constantly compare myself to other women and wish I had more attractive features.

I'm so desperate for male attention that I've considered using Craigslist to find an escort. I don't understand exactly what it is.

I know I'm not gorgeous and I'm taller than average. Could that be a reason why I'm always ignored?

I'd like to have a child someday. However, I'm struggling to find a suitable mate. Someone once told me that I should try loving myself, but how can I love myself when I hate everything about myself?

What To Do?

A. It's your negative self-image that's holding you back.

Whatever else you spend money on, cut back and go see a counsellor.

You need professional help to value the person you are.

Very few people have what you'd call perfect features — yet countless people find mates.

Self-confidence is attractive, as is a friendly nature, a smiling face, and a non-judgmental personality (even about yourself).

Something has twisted your self-perception into a knot of insecurity and put-downs.

An individual therapist can help you. Go now. Your life will improve if you give counselling a chance.

Q. I'm a teenager who, two years ago, felt puppy love. He cheated on me with my best friend, which still haunts me. Ever since, I no longer can hold affection for longer than a month.

It frightens me knowing that I'll soon get over every guy I begin to admire. I've morphed from an innocent, well-rounded adolescent to a bold, straightforward teenage girl.

I'd like to fix myself now before I grow into a knot that can no longer be untied.

Un-Romantic Teen

A. You don't need "fixing," though less intense self-analysis might make these teen years easier.

Bold and straightforward are good, useful traits. So is not going gaga over every guy — you sound fairly sensible.

One bad experience (the cheater) hit you hard. But you're older and smarter now.

Date less. Be more selective in a positive way and date after you know someone's decent qualities.

You'll find good guys when you stop expecting the worst.

Prairie Aquatics & Exotics
SALE
Aug 20th – 23rd
50% OFF in stock aquariums and terrariums*
30% OFF reptiles*
Buy 4 Frogs and get the 5th FREE*
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10% OFF all in stock dry goods*
Buy 4 Live Plants and get the 5th FREE*
*Conditions/restrictions apply
Aqua C
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www.aquaticsandexotics.ca

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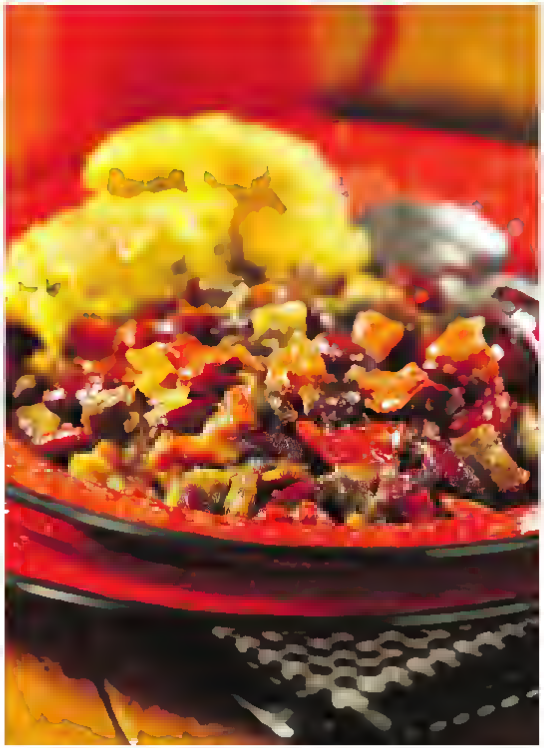
RECIPES

Dehydrating an easy way to use up seasonal produce

By Lois Abraham



Apple Cranberry And Oat Breakfast Crumble is slightly less sweet than a dessert crumble THE CANADIAN PRESS



Chipotle Beef Chili is ideal for camping THE CANADIAN PRESS

An easy way to use up seasonal fruit and create treats to tuck into school lunches, is to make fruit leathers

'You literally puree the fruit spread it out (on a dehydrator tray), and you've got this wonderful snack' says Jennifer MacKenzie, a home economist and co-author of The Dehydrator Bible.

"They come out uniform and you can do some amazing combinations. So instead of buying those fruit snacks from the grocery store you can make your own.'

Included in the book are strawberry and banana, apple and grape, peach and vanilla or watermelon, mango and lime, among others.

Generally no sweetening is needed unless it's just a small amount to boost the flavour.

MacKenzie also suggests making vegetable leathers with roasted pumpkin, squash or mushrooms, which are great to simmer into sauces to boost flavour.

Here are some recipes from the book to try. If you don't have a dehydrator, many dried items can be purchased from bulk stores.

Watermelon Mango Lime Leather

Preparation: In a food processor, puree 1 1/2 cups (375 mL) chopped mango, 1 cup (250 mL), chopped watermelon and 1 lime peeled, chopped and tough membranes removed, until smooth.

Drying: Spread out to 1/4-inch (5-mm) thickness as evenly as possible, on a leather sheet or drying tray lined with parchment paper, leaving it slightly thicker around the edges. Dry at 130 F (55 C).

Time: 8 to 10 hours.

Special Instructions: Start checking leather after 6 hours. When top is very firm and edges are easy to lift, carefully peel leather from sheet, flip over and continue drying.

Doneness Test: Leather should be evenly firm with no visible moist spots, and should still be flexible.

Apple, Cranberry And Oat Breakfast Crumble

This version of crumble is a little less sweet than a dessert crumble and incorporates dried fruit and grains into a healthy breakfast dish.

It can be baked, cooled, covered and refrigerated for up to 2 days. Reheat, covered in foil, in a 350 F (175 C) oven for about 30 minutes, or reheat individual portions in the microwave on medium (50 per cent), power for 2 to 3 minutes.

> 8-inch (20-cm/2 litre) glass baking dish, greased
> 1 1/2 cups (375 mL) dried apple slices
> 1/3 cup (80 mL) dried cranberries
> 1/4 tsp. (1 mL) ground cinnamon
> 1 3/4 cups (430 mL) unsweetened apple juice, divided
> 1 cup (250 mL) quick cooking or large flake rolled oats
> 2 tbsp. (30 mL) whole-wheat flour
> 2 tbsp. (30 mL) liquid honey or maple syrup
> Flavoured yogurt, for serving

1. In a prepared baking dish, combine apples, cranberries and cinnamon. Pour in 1 1/2 cups (375 mL), of the apple juice. Cover and refrigerate for at least 8 hours or for up to 12 hours.

2 Preheat oven to 375 F (190 C).

3. In a bowl, combine oats, flour, honey and remaining apple juice, stirring until crumbly. Sprinkle over apple mixture.

4 Bake for about 20 minutes or until fruit is hot and bubbling and topping is crispy. Serve hot or warm with a dollop of yogurt.

Makes 4 servings.

Chipotle Beef Chili

A warming bowl of chili is easy to make at home or at a campsite. This version has a touch of smoky heat from the chipotles and your own dried vegetables and jerky.

Chipotle pepper powder is available at well-stocked spice or bulk food stores and some supermarkets. If you can't find it, grind a dry chipotle pepper in a spice grinder.

Prep at Home

> 1/2 oz. (14 g) Cajun or southwestern beef jerky, broken into small pieces (homemade or store-bought)
> 1/4 cup (60 mL) dried cooked kidney or black beans
> 2 tbsp. (30 mL) finely chopped dried tomatoes
> 1 tbsp. (15 mL) dried red or green bell pepper pieces
> 2 tsp. (10 mL) dried onion pieces
> 1/2 tsp. (2.5 mL) crumbled dried oregano
> 1/2 tsp. (2.5 mL) chili powder
> Pinch chipotle pepper powder
> Pinch salt To Serve
> 1 1/4 cups (310 mL) water

1. In a sealable plastic bag, combine beef, beans, tomatoes, red peppers, onion, oregano, chili powder, chipotle powder and salt. Seal and store at room temperature for up to 1 month.

2 To Serve: In a saucepan, combine beef mixture and water. Cover and let stand for 30 minutes or until vegetables start to soften.

3. Uncover and bring to a boil over medium heat, stirring often. Reduce heat and boil gently, stirring often, for about 15 minutes or until vegetables are soft.

Fresh Additions

> Replace 1/4 cup (60 mL)) of the water with beer
> Sprinkle with shredded cheddar cheese or add a dollop of sour cream to serve.

Makes 1 serving.

Source: The Dehydrator Bible by Jennifer MacKenzie, Jay Nutt, Don Mercer (Robert Rose Inc.)

The Canadian Press

WINE WORLD

DR. BOOZE

If it's time for a change of pace, try Viognier

By James Romanow



One of the greatest pleasures of drinking wine is that vast array of subtle flavour twists and modifications available to even the poorest wine drinker Why stick to just sauvignon blanc the Official Wine of Soccer Moms! Have you never felt that slight urge for infidelity? A sneaking admiration for those who take the occasional walk on the wild side? C'mon. Nobody's gonna know if you just have one glass Be tempted!

If I were to advise someone mildly jaded by their partner, that wan pale thing in the glass in front of you, I'd tell you to try Viognier, I know I know, Dr Booze only recommends wines you can't afford or can t find. But here's the thing about Viognier. You can find a million examples at all price points because wine makers adore this wine.

At its best it is a fairly intense white wine with flavours of lychee, apricot or pear. Old vine versions pick up mineral and offer subtle tastes of tangerine zest and apricots, with a bouquet of honeysuckle and gingerbread in short this wine can be as exotic as you like while being as friendly as the baker next door

One of the standard bearers for the grape here is Cono Sur. Their Bicicleta label sells for a mere $12 and if you can t be bothered to try it, Jack you dead It's a lovely wine, with great pear and apricot flavours and a hint of sweetness. The wine is too young for the honeyed floral aromas but it still tastes great with things like baked brie

This is a lovely wine that everyone should try Today

Cono Sur Bicicleta Viognier 2014, $12 ****

Trendy reds in Monday's paper and red for the drinker who stands alone. All sorts of drinks on twitter @drbooze

Crossword/Sudoku answers

V	E	N	O	M		P	A	C	E			T	O	P
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8	5	1	3	9	6	7	2	4
7	9	6	2	4	1	8	3	5
9	2	8	7	6	3	5	4	1
3	1	5	4	2	8	6	9	7
6	4	7	5	1	9	3	8	2
5	6	3	9	7	4	2	1	8
4	8	2	1	3	5	9	7	6
1	7	9	6	8	2	4	5	3

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